

SCHOOL LUNCH RECIPES  
USING  
TOMATO PASTE

Bureau of Human Nutrition and Home Economics

and

Production and Marketing Administration

U. S. DEPARTMENT OF AGRICULTURE

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## TOMATO BEVERAGE (With Tomato Paste)

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## Beverages

| 100 Portions           | Ingredients                | Portions | Cost |
|------------------------|----------------------------|----------|------|
| 2-1/4 gallons          | chilled water              |          |      |
| 7 pounds<br>(3 quarts) | Tomato paste               |          |      |
| 2 ounces<br>(1/4 cup)  | Sugar                      |          |      |
| 4 ounces<br>(1/2 cup)  | Salt                       |          |      |
| 1/2 cup                | Lemon juice                |          |      |
| 1/4 cup                | Worcester-<br>shire sauce* |          |      |
|                        |                            |          |      |
|                        |                            |          |      |
|                        |                            |          |      |

Portion; 1/2 cup. Total cost \_\_\_\_\_  
 Provides; About 1/4 cup vegetable. Cost per  
 portion \_\_\_\_\_

1. Blend chilled water into tomato paste.

2. Mix in seasonings.

3. Chill before serving.

\*2 tablespoons celery salt may  
be used instead.

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## VEGETABLE SOUP (With Tomato Paste)

## Soups and Chowders

| 100 Portions               | Ingredients              | Portions | Cost |
|----------------------------|--------------------------|----------|------|
| 4-3/4 gallons              | Hot water                |          |      |
| 3 quarts                   | Meat stock<br>(unsalted) |          |      |
| 8 ounces<br>(1 cup)        | Salt                     |          |      |
| 5-1/2 pounds<br>(1 gallon) | Diced potatoes           |          |      |
| 5 pounds<br>(1 gallon)     | Diced carrots            |          |      |
| 2 pounds<br>(2-1/2 quarts) | Chopped cabbage          |          |      |
| 1-1/4 pounds<br>(1 quart)  | Chopped onions           |          |      |
| 3 pounds<br>(1-1/4 quarts) | Tomato paste             |          |      |
|                            |                          |          |      |
|                            |                          |          |      |
|                            |                          |          |      |
|                            |                          |          |      |
|                            |                          |          |      |
|                            |                          |          |      |

Portion; 1 cup. Total cost \_\_\_\_\_  
 Provides; 1/2 cup vegetable. Cost per  
 portion \_\_\_\_\_

1. Combine water, stock, salt, and vegetables.

2. Cover and boil gently about 1 hour or until the vegetables are almost tender.

3. Stir in tomato paste and simmer one hour.

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# MEAT-RICE BALLS IN TOMATO

Main Dishes

| 100 Portions             | Ingredients              | Portions | Cost |
|--------------------------|--------------------------|----------|------|
| 2 pounds<br>(4-1/4 cups) | Uncooked rice            |          |      |
| 3 cups                   | Milk                     |          |      |
| 11 pounds                | Ground beef              |          |      |
| 1 pound<br>(1 quart)     | Finely chopped<br>celery |          |      |
| 1 dozen                  | Eggs,<br>well beaten     |          |      |
| 4 ounces<br>(1/2 cup)    | Salt                     |          |      |
| 6 quarts                 | Tomato mixture*          |          |      |
|                          |                          |          |      |
|                          |                          |          |      |
|                          |                          |          |      |
|                          |                          |          |      |
|                          |                          |          |      |

Portion: About 4 ounces or 1/2 cup. Total cost \_\_\_\_\_  
 Provides: 2 ounces protein-rich food. Cost per portion \_\_\_\_\_

1. Soak rice in the milk about 1 hour.
2. Combine meat, celery, eggs, salt, rice and milk. Form into 100 2-1/2 ounce balls, using a #16 scoop.
3. Place in 4 baking pans (12 by 16 inches). Cover with tomato mixture.
4. Bake slowly in a moderate oven (325° F.) for about 1-1/2 hours. Turn meat balls after 45 minutes.

\*See recipe, Tomato Mixture for Cooking Meat-Rice Balls.

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# TOMATO MIXTURE FOR COOKING MEAT-RICE BALLS (With Tomato Paste)

Main Dishes

| 100 Portions                 | Ingredients              | Portions | Cost |
|------------------------------|--------------------------|----------|------|
| 3 ounces<br>(3/8 cup)        | Sugar                    |          |      |
| 2 tablespoons                | Salt                     |          |      |
| 9 ounces<br>(2-1/4 cups)     | Sifted flour             |          |      |
| 2-1/4 pounds<br>(3-3/4 cups) | Tomato paste             |          |      |
| 4-1/2 quarts                 | Water                    |          |      |
| 6 ounces<br>(3/4 cup)        | Finely chopped<br>onions |          |      |
| 9 ounces<br>(1-1/8 cups)     | Table fat                |          |      |
| 1-1/2 tablespoons            | Horseradish              |          |      |
| 3 tablespoons                | Lemon juice              |          |      |
|                              |                          |          |      |
|                              |                          |          |      |
|                              |                          |          |      |
|                              |                          |          |      |
|                              |                          |          |      |

Yield: 6 quarts Total cost \_\_\_\_\_  
 Cost per portion \_\_\_\_\_

1. Blend sugar, salt, and flour. Add gradually to tomato paste, mixing thoroughly.
2. Gradually add water, then onions and fat.
3. Simmer until slightly thickened, stirring constantly.
4. Add horseradish and lemon juice.

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## GROUND BEEF AND SPAGHETTI (With Tomato Paste)

Main Dishes

|  |                                |                     |        |  |
|--|--------------------------------|---------------------|--------|--|
| 100 Portions   | : Ingredients :                | Portions:           | Cost : | 1. Cook spaghetti in boiling salted water (2 gallons water and 2 tablespoons salt) until tender (about 15 minutes). Drain. |
| 3 pounds   | : Spaghetti :                  | :                   | :      |  |
| 11 pounds  | : Ground beef :                | :                   | :      |  |
| 3 pounds<br>(2-1/4 quarts)                                     | : Finely chop-<br>ped onions : | :                   | :      | 2. Cook beef and onions until onions are tender.   |
| 9-1/2 pounds<br>(1 gallon)                                     | : Tomato paste :               | :                   | :      | 3. Combine tomato paste and water.   |
| 1 gallon   | : Water :                      | :                   | :      |  |
| 1-1/2 pounds   | : Cheese, finely<br>grated :   | :                   | :      | 4. Blend cheese into the cooked meat mixture. Then, add diluted tomato paste, salt, and spaghetti. Mix well.               |
| 6 ounces<br>(3/4 cup)  | : Salt :                       | :                   | :      |  |
|  | :                              | :                   | :      | 5. Place mixture in 3 baking pans (12 by 16 inches). Bake 30 minutes in a moderate oven (350° F).                          |
|  | :                              | :                   | :      |  |
|  | :                              | :                   | :      |  |
|  | :                              | :                   | :      |  |
| Portion: 3/4 cup.  |                                | Total cost          |        | U.S. Bureau of Human Nutrition<br>and Home Economics   |
| Provides: 2 ounces protein-rich food; about 1/3 cup vegetable. |                                | Cost per<br>portion |        |  |

## SPANISH SAUCE (With Tomato Paste)

Sauces

| 100 Portions             | Ingredients                 | Portions | Cost |   |
|--------------------------|-----------------------------|----------|------|---|
| 9 ounces<br>(1-1/2 cups) | Finely chopped onion        |          |      | 1. Cook onion and green pepper in oil (or melted fat) until tender.                           |
| 3 ounces<br>(1/2 cup)    | Finely chopped green pepper |          |      | 2. Blend flour and seasonings into tomato paste. Stir in the water. Add to onion-fat mixture. |
| 1/2 cup                  | Salad oil or melted fat     |          |      |   |
| 4 ounces<br>(1 cup)      | Sifted flour                |          |      | 3. Cook until thickened (about 15 minutes), stirring occasionally.                            |
| 3 tablespoons            | Salt                        |          |      |   |
| 3 tablespoons            | Sugar                       |          |      |   |
| 1 teaspoon               | Crushed bay leaf            |          |      |   |
| 1/8 teaspoon             | Ground cloves               |          |      |   |
| 1-3/4 pounds<br>(3 cups) | Tomato paste                |          |      |   |
| 2-1/4 quarts             | Water                       |          |      |   |
|                          |                             |          |      |   |
|                          |                             |          |      |   |
|                          |                             |          |      |   |
|                          |                             |          |      |   |
| Portion: 2 tablespoons.  | Total cost                  |          |      |   |
| Yield: 3-1/4 quarts      | Cost per portion            |          |      |   |

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## TOMATO SAUCE (With Tomato Paste)

## Sauces

| 100 Portions                 | Ingredients              | Portions | Cost |
|------------------------------|--------------------------|----------|------|
| 2 ounces<br>(1/4 cup)        | Sugar                    |          |      |
| 3 tablespoons                | Salt                     |          |      |
| 6 ounces<br>(1-1/2 cups)     | Sifted flour             |          |      |
| 1-1/2 pounds<br>(2-1/2 cups) | Tomato paste             |          |      |
| 2 quarts                     | Water                    |          |      |
| 4 ounces<br>(1/2 cup)        | Finely chopped<br>onions |          |      |
| 6 ounces<br>(3/4 cup)        | Table fat                |          |      |
| 1 tablespoon                 | Horseradish              |          |      |
| 2 tablespoons                | Lemon juice              |          |      |
|                              |                          |          |      |
|                              |                          |          |      |

Portion; 2 tablespoons.

 Total cost \_\_\_\_\_  
 Cost per portion \_\_\_\_\_

1. Blend sugar, salt, and flour. Add gradually to tomato paste, mixing thoroughly.
2. Gradually add water; then onions and fat.
3. Simmer until thickened, stirring constantly.
4. Add horseradish and lemon juice.

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